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October Newsletter

October 2009



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*"The way we farm now is destructive of the soil, the environment and us."
Doug Gurian-Sherman, Senior Scientist - Union of Concerned Scientists (UCS)*

"Somewhere in Iowa, a pig is being raised in a confined pen, packed in so tightly with other swine that their curly tails have been chopped off so they won't bite one another. To prevent him from getting sick in such close quarters, he is dosed with antibiotics. The waste produced by the pig and his thousands of pen mates on the factory farm where they live goes into manure lagoons that blanket neighboring communities with air pollution and a stomach-churning stench. He's fed on American corn that was grown with the help of government subsidies and millions of tons of chemical fertilizer. When the pig is slaughtered, at about 5 months of age, he'll become sausage or bacon that will sell cheap, feeding an American addiction to meat that has contributed to an obesity epidemic currently afflicting more than two-thirds of the population. And when the rains come, the excess fertilizer that coaxed so much corn from the ground will be washed into the Mississippi River and down into the Gulf of Mexico, where it will help kill fish for miles and miles around. That's the state of your bacon-circa 2009."

Rebecca Kaplan in Time Magazine (August 31, 2009)

See the complete article at <http://www.time.com/time/health/article/0,8599,1917458,00.html>

Dear Friends,

I should know better than to pick up a magazine that has a picture of hamburger on the cover. But I did and I was fascinated by an article in a main stream American newsmagazine that decries the state of food production in North America.

The food production system in North America is profit generated and is geared towards giving us more calories at a cheaper price. The downside is that we are not only getting fatter, we are subjecting ourselves and our planet to chemicals and creating an environmental catastrophe. We use "...more than 10 million tons of fertilizer for corn alone — and nearly 23 million for all crops. When runoff from the fields of the Midwest US reaches the Gulf of Mexico, it contributes to what's known as a dead zone, a seasonal, approximately 6,000-sq.-mi. area that has almost no oxygen and therefore almost no sea life." - *Rebecca Kaplan in Time Magazine*

Most people are not prepared to rethink the way they shop for and eat food. Price will remain the biggest obstacle and organic food costs on average several times more than its conventional counterparts. But can food costs be measured by price alone? After you factor in what we pay in health-care bills after our fatty, sugary diet makes us sick, "manufactured food" is a lot more expensive.

The industrial food system fills us up but leaves us empty; it's based on selective forgetting. What we eat, how it's raised and how it gets to us, has consequences that can't be ignored any longer.

A thought from Chris

*"Knowing is not enough; we must apply. Willing is not enough; we must do."
Johann von Goethe*

I am continually surprised when relatives impatiently suggest we should just relax every now and then, and "Have turkey with the family for Thanksgiving. Would it really hurt you?" After reading the excerpt from the August 29/09 Time magazine, I actually think it may hurt me, and them. Instead, I find myself stubbornly holding on to my 'raw' convictions while creatively considering ways to woo our relatives with another mind-boggling dessert or entrée that tastes surprisingly 'un-raw'.

Passing judgment on others never provokes change. In fact, it often entrenches the very behaviour you are concerned about. No matter what side of the fence you sit on regarding the kinds of food we consume, every one of us is on our own journey. We make decisions to alter our eating habits based on personal considerations. For some it may be a health concern, a desire to lose weight, fatigue, depression, environmental concerns, etc.

What we love is when curiosity brings people to Jim's demos. For some, we hear and feel their excitement in learning about a new way to prepare food. Taking the next step and committing to a '30-day raw challenge' is often eroded when we are faced with an overload of new ways of thinking about what we eat. It often just feels too time-consuming and limiting.

A New Service from Rawsome Living Foods

Rawsome Living Foods invites you to take the next step with a little help from us. Chris will come into your home with groceries for a week and help you get excited about raw living food. Part of the 3-hour session will include:

- Preparation of raw meals for a week
- Tips on how to prepare raw meals, simply and easily
- Ideas on how to shop for raw food
- Suggestions on how to stock your kitchen and set up your environment
- Ideas on kitchen equipment

A client recently shared:

"I have definitely resolved that raw is right for me - aside from all the obvious health benefits (no insulin, no asthma inhaler, no swollen feet - thrombosis) it has the added bonus that I have already lost more than 28 pounds without even trying. So, it has been great to me and I rarely crave cooked foods any more. (Even my former nemesis/fave foods like bread and ice cream hold very little appeal compared to my yummy creations.) – N.M.

Are you ready to make the shift? Why not take the 30-day raw challenge and give Chris a call at Rawsome Living Foods (250-537-2048) or just email for more information and fee structure - rawsome@shaw.ca.

Kitchen Tips

Ever wonder about the fragrance of Coconut oil? Dr Jon J. Kabara, Emeritus Professor, Michigan State University, discoverer of the medicinal properties of monolaurin in coconut oil and author of **FATS are Good for You**, writes: "The fragrance in Virgin Coconut Oil is important since it is due to monoglycerides of the oil. It is the monoglycerides and fatty acids that are the active agents in coconut oil. Without the fragrance the oil is NOT antimicrobial either topically or when ingested".

October Workshops Update:

I will be in Tokyo giving a series of workshops in October. We will be scheduling our fall and winter lineup of classes beginning in November. Chris returned from her course of study with Alissa Cohen (<http://www.alissacohen.com/>) in Boston with some amazing recipes and ideas. We have been eating quite decently this past month as we plan for our new workshop series. For information, tips or consultations:

Contact rawsome@shaw.ca

Recipe Of The Month

A Caesar Dressing from Alissa Cohen's book **LIVING ON LIVE FOOD** inspired this recipe. She altered it from someone else's recipe. Taking a recipe you like and making it your own is part of the fun of "playing" with your food. I was so impressed by the flavour and texture of this dressing that I knew I had to use it to create something new.

"I come to praise Caesar" Kale Chips



- Wash and de-stem 1-2 big bunches of kale. Chop or tear into "chip" size pieces.
- Toss with *Caesar Dressing* to coat all pieces.
- Spread onto mesh dehydrator tray with Teflex sheet.
- Place in dehydrator set at 105° for two hours. Flip over and remove Teflex sheet. Continue to dehydrate until crispy (about 6 hours).

Caesar Dressing

1 cup pine nuts
1 Tablespoon flax oil
1 1/2 teaspoon sea salt

1/3 cup olive oil
1 pitted date (soaked)
1 large garlic clove, crushed
2 1/2 Tablespoons fresh squeezed lemon juice
2 Tablespoons water
1/2 Tablespoon light miso

Blend the pine nuts, flax oil and salt in a blender until grainy. Set aside in a small bowl. Blend the olive oil, miso, date, garlic, lemon juice and water in a blender until smooth. Combine all ingredients and mix by hand.

Note: Try not to overprocess the pine nuts. A "grainy" texture will give the dressing a "cheesy" flavour.